



DEPARTMENT OF THE ARMY  
E COMPANY, 1ST BATTALION, 19TH INFANTRY REGIMENT  
UNITED STATES INFANTRY SCHOOL  
FORT BENNING, GEORGIA 31905-5630

March 7, 2017

Office of the Commander

Dear Family and Friends:

Your Soldier recently reported to the 198<sup>th</sup> Infantry Brigade at Fort Benning, Georgia to begin the training that will prepare him to become a U.S. Army Infantryman. His decision to join the Army is a significant one, undoubtedly influenced by the pride and patriotism you have instilled in him.

Your Soldier has been assigned to Easy Company for his One Station Unit Training (OSUT). As his Company Commander, I would like to welcome you to Easy Company, 1<sup>st</sup> Battalion, 19<sup>th</sup> Infantry Regiment, and to the Army Family. The Company Cadre take pride in caring for and training these outstanding young men, building them into Infantry Soldiers. Our Drill Sergeants are specially selected, highly trained, and proud of their mission. They teach, train, and assess your Soldier throughout the cycle, and assist him in every manner to help him graduate. The Drill Sergeants will instill self-discipline, physical tenacity, mental toughness, and the tactical skills required of an infantryman into your Soldier.

**Mail.** We deliver mail to your Soldier as soon as it arrives. Mail typically takes longer to complete processing, but your Soldier will receive all of his mail that comes through the company. Please do not send packages containing the items on the contraband list enclosed in this letter (Enclosure 1). Soldiers are encouraged to write letters home throughout their training. Due to the rigors of this course, your words from home will serve as a great source of comfort and motivation.

- Instructions for writing mail:

a. Address:

Last Name, First Name, Roster Number \_\_\_\_\_  
E Company, 1-19<sup>th</sup> IN  
8775 Albanese Drive  
Fort Benning, GA 31905

- NOTE: Please outline **(in your Soldier's PLT color)** the back and front border of your envelope and write your Soldier's Roster Number on the front as well (Enclosure 4). This will help the Cadre sort the mail quicker.

- Platoon colors and phone numbers are:

1<sup>st</sup> Platoon – Red – **706-544-8791**

2<sup>nd</sup> Platoon – Yellow – **706-544-9472**

3<sup>rd</sup> Platoon – Blue – **706-544-8792**

4<sup>th</sup> Platoon – Green – **706-544-9531**

- NOTE: Do not worry if you sent mail already without marking the borders. We understand you may not know his platoon or Roster Number until his first letter. If you have not received a phone call or letter prior to week four, please call the Company Training Technician at 706-544-8062.

**Phone.** Soldiers are given phone privileges once during the first nine weeks of training. This will occur within the first **72 hours** of their arrival to the company. Any additional phone calls are granted as earned privileges to the Soldiers. All privileges will be suspended or withheld based on performance.

**Emergency Contact.** In the case of a serious emergency (i.e., death in the family, serious illness, etc.) contact your local **American Red Cross** to ensure that the message will be sent through the proper channels. Ensure they know your Soldier belongs to E Company, 1-19 Battalion, 198th Brigade at Sand Hill, Ft. Benning, GA. This will be the FASTEST way to contact your Soldier.

**Family Day Pass.** Soldiers who have completed all mandatory graduation requirements up to Phase III, have no pending UCMJ actions against them, and have successfully demonstrated the basics of Soldiering, will be granted a Family Day Pass. The Family Day Pass consists of two days from **5-6 May**. This break represents the completion of Initial Entry Training (IET), before your Soldier resumes specific Advanced Infantry Training (AIT), immediately following the Family Day Pass. This pass is an earned privilege that can be denied at any time due to misbehavior. An orientation briefing for families and guests will occur at 0800 in the 1-19<sup>th</sup> Battalion classroom 128 located at 9075 Holcomb Drive, Ft Benning, GA 31905.

- Instructions for Family Day Pass: (Subject to Change)

**5 – 6 May 2017**

0800 – Family Day Pass Brief in Classroom 128 (First Day Only)

0900/0800 (Second Day) – Pass

1900 – Return to Company

- NOTE: Your Soldier will be your best source for information regarding Family Day Pass. All Soldiers who do not qualify for a Pass will be afforded the opportunity to notify their Families immediately. It is HIGHLY recommended that all travel reservations are made with a refund option.

- NOTE: Directions to the Company will be posted on the 1-19 IN Battalion Facebook Page (search for @119rocksteady on Facebook). It is also recommended that visitors to Ft. Benning download the free GuideOn App and search for (Keyword) 1-19.

Soldiers will be required to return back to the company area each day no later than 1900. Soldiers MUST adhere to the rules of OSUT, including restrictions from alcohol, tobacco, drug use, automotive driving, caffeinated items and other contraband. Soldiers will not be allowed to bring any such items back to the Company at the conclusion of the Pass. Throughout the Pass, Soldiers must remain in military uniform and observe all military customs, courtesies, and discipline. Soldiers will remain in the Columbus, Georgia or Phenix City, Alabama area (within a 25 mile radius).

**Turning Blue Ceremony.** At the completion of OSUT, Soldiers who have completed all graduation requirements and who are not pending any UCMJ and/or Entry Level Separation, will be awarded the Infantry Blue Cord and participate in the Turning Blue Ceremony.

A Turning Blue Brief will take place prior to the ceremony at **0800 on 8 JUNE 2017**, at the same location as the Family Day Pass. The Turning Blue Ceremony will be immediately after the brief. During the Turning Blue ceremony your Soldier will receive his Infantry Blue Cord, signifying that he has completed all requirements to earn the title of U.S. Army Infantryman. Upon completion of the ceremony, your Soldier will be released for the remainder of the day.

**Graduation.** Graduation will occur on **9 JUNE 2017 outside the National Infantry Museum. The ceremony will begin promptly at 1000.** I recommend you arrive an hour early to allow time for parking and finding a seat. Upon completion of the ceremony, Soldiers will be released to travel to their follow-on assignments. For more information about graduation and the National Infantry Museum, visit their website at [www.nationalinfantrymuseum.com](http://www.nationalinfantrymuseum.com). Click on "Plan Your Visit" and then "Graduations".

- NOTE: Only the Soldiers who have met all requirements will graduate. If a Soldier fails to pass a mandatory event or is injured, he will be recycled to another company to complete the missed training. Your Soldier will have the opportunity to notify his Family if he fails to graduate.

The Morale, Welfare and Recreation (MWR) office can assist the Family and friends of graduating Soldiers by referring local hotels and car rental agencies. You can

visit their website at [www.benningmwr.com](http://www.benningmwr.com). On-post accommodations are limited and on a first-come, first-served basis so you must call ahead to check availability: (706) 689-0067. MWR also offers the opportunity to stay at the Uchee Creek Recreation area. Uchee Creek provides individual cabins that are completely furnished, including a kitchen, for about the same price as a hotel room. Uchee Creek can be reached at (706) 545-4053 (details are also available on the MWR website). I've enclosed a map of Sand Hill to aid with navigation (Enclosure 2), and I also recommend the following helpful websites:

[www.benningmwr.com/maps.php](http://www.benningmwr.com/maps.php) (Click on "Sand Hill" for a map of the area)

[www.benningmwr.com](http://www.benningmwr.com) (Information on Ft. Benning facilities and services)

[www.visitcolumbusga.com](http://www.visitcolumbusga.com) (Info for the local area)

[www.benning.army.mil/infantry/198th/](http://www.benning.army.mil/infantry/198th/) (Information on training – check out the OSUT 14 Week Journey)

**Facebook.** Easy Company's Battalion has a public group Facebook that will post select information about the cycle. To access the page, use Facebook's search function to search for "@119rocksteady." Easy Company does **NOT** have a Facebook page.

Again, thank you for the years of effort that you have invested into your Soldier. I assure you that we will train him and give him every opportunity to succeed. We look forward to meeting you on Family Day or at Graduation.

Sincerely,

A handwritten signature in black ink, appearing to read 'S. L. England', written in a cursive style.

Samuel L. England  
Captain, U.S. Army  
Company Commander

Enclosures

Listed below are some key events to mark on your calendar:

**\*All Dates and Times are subject to change\***

<b>MID-CYCLE PASS</b>			
<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
Information/Safety Briefing	5 May 2017	8:00 AM	1-19 IN Classroom 128
Mid-Cycle Pass	5-6 May 2017	8:00 AM	Columbus, GA
Return from Pass	5-6 May 2017	7:00 PM	Company Area
<b>GRADUATION ACTIVITIES</b>			
<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
Battalion CDR Family Brief	8 June 2017	8:00 AM	1-19 IN Classroom 128
Turning Blue Ceremony	8 June 2017	9:00 AM	Pomeroy Field
Soldiers Return from Pass	8 June 2017	7:00 PM	Company Area
Graduation Ceremony	9 June 2017	10:00 AM	National Infantry Museum

Contraband List:

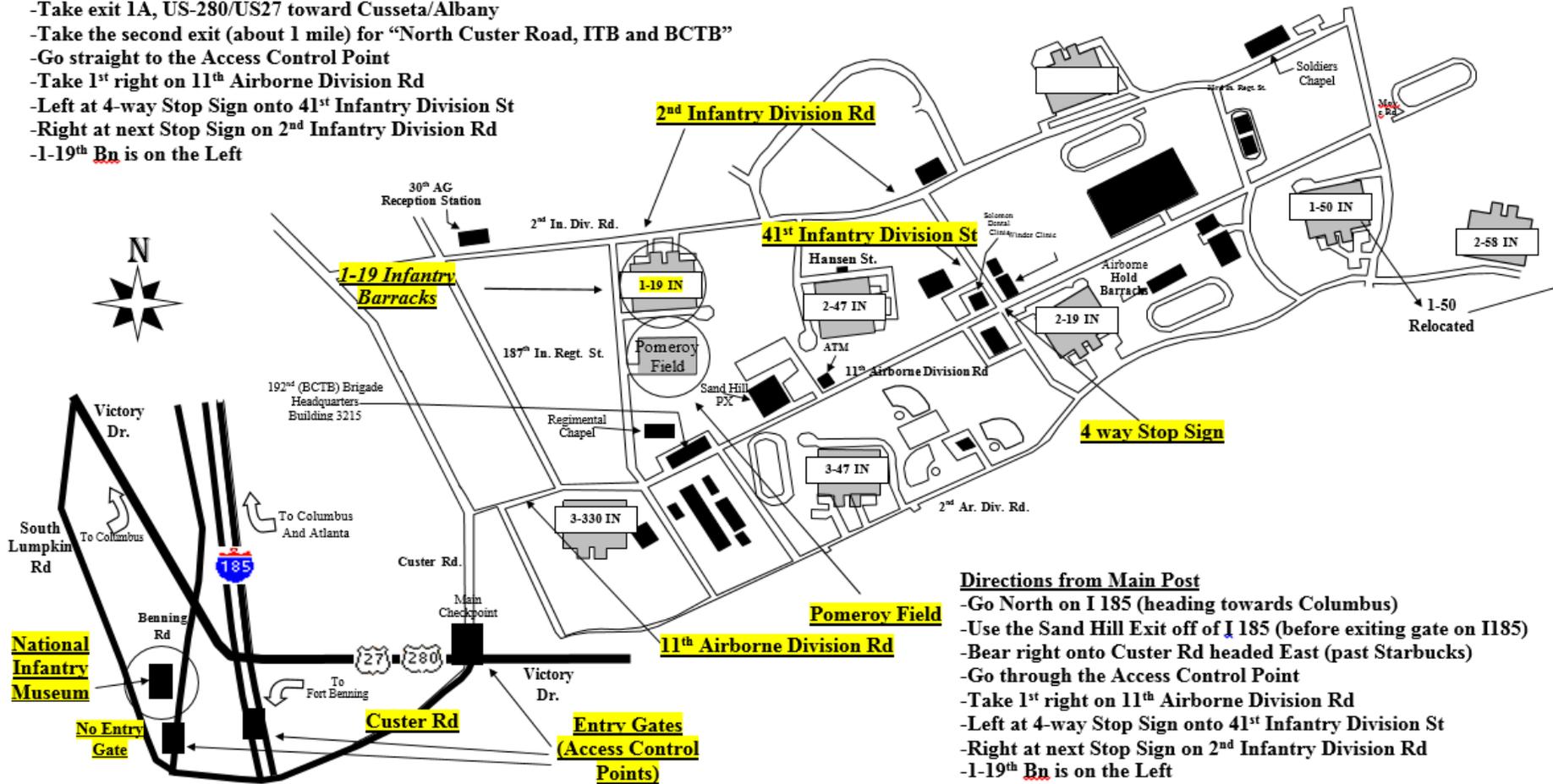
- Any type of food items
- Civilian reading material (except for religious text, i.e. Holy Bible, Book of Mormon, the Koran, etc.)
- Firearms and/or knives and razors
- Civilian clothing
- Medication of any type (prescription or over the counter)
- Cameras, video or audio tapes or CDs
- Stuffed animals and/or dolls
- Plants (live or artificial)
- Liquids of any sort
- Cash (in excess of \$80.00)
- Any type of tobacco products or nicotine patches and/or gum
- Any caffeine products
- Any type of pornographic materials to include pictures, photographs, post cards, magazines, etc.

## Welcome to Sand Hill

Call Battalion Staff Duty at (706) 544-9253 if you have questions

### Directions to Sand Hill (from I 185 S)

- Take exit 1A, US-280/US27 toward Cusseta/Albany
- Take the second exit (about 1 mile) for "North Custer Road, ITB and BCTB"
- Go straight to the Access Control Point
- Take 1<sup>st</sup> right on 11<sup>th</sup> Airborne Division Rd
- Left at 4-way Stop Sign onto 41<sup>st</sup> Infantry Division St
- Right at next Stop Sign on 2<sup>nd</sup> Infantry Division Rd
- 1-19<sup>th</sup> Bn is on the Left



### Directions from Main Post

- Go North on I 185 (heading towards Columbus)
- Use the Sand Hill Exit off of I 185 (before exiting gate on I185)
- Bear right onto Custer Rd headed East (past Starbucks)
- Go through the Access Control Point
- Take 1<sup>st</sup> right on 11<sup>th</sup> Airborne Division Rd
- Left at 4-way Stop Sign onto 41<sup>st</sup> Infantry Division St
- Right at next Stop Sign on 2<sup>nd</sup> Infantry Division Rd
- 1-19<sup>th</sup> Bn is on the Left

## Enclosure 3

### Graduation Requirements:

- Army Physical Fitness Test (APFT)
  - Pushups (2 minutes) 60pts
  - Situps (2 minutes) 60pts
  - 2-Mile Timed Run 60pts
- Qualify with Rifle
- Pass End of Cycle Hands-on Tests
- Throw Live Hand Grenade
- Gas Chamber
- Land Navigation
- 12 Mile Foot March
- First Aid
- Buddy Team Live Fire
- Obstacle Course (70%)
- Confidence Course (70%)
- Night Infiltration Course (70%)
- Combatives
- Urban Operations
- Physical Demands Test
- 120/81/60mm Mortar LFX
- 6-Day Field Training Exercise
- 5 Mile Eagle Run

### RED PHASE: Weeks 1-3

Ethics & Army Values  
Drill & Ceremonies  
Intro to Physical Training  
Weapons Immersion  
Individual Tactical Training  
First Aid  
Radio Communication  
Land Navigation  
Gas Chamber  
Confidence Course  
Obstacle Course

### WHITE PHASE: Weeks 4-6

Ethics & Army Values  
Drill & Ceremonies  
APFT 2 & 3  
4 & 6 Mile Foot Marches  
Basic Rifle Marksmanship  
Buddy Team Tactical Trng  
Infantry Weapons  
(M240B/M249 Machineguns  
M203 Grenade Launcher,  
M136A1 Rocket Launcher,  
M2HB, MK19)

### BLUE PHASE: Weeks 7-9

Ethics & Army Values  
Drill & Ceremonies  
APFT 4  
8 & 10 Mile Foot Marches  
Advanced Rifle Marksmanship  
Fire Team Tactical Training  
Battle March & Shoot  
Urban Operations

### BLACK PHASE: Weeks 10-12

Ethics & Army Values  
Drill & Ceremonies  
Final APFT  
12 Mile Foot March  
5 Mile "Eagle Run"  
Squad Tactical Training  
Buddy Team LFX  
Fire Team LFX  
Mounted React to Contact  
Mortar Training (11 C's)

### GOLD PHASE: Weeks 13-14

Ethics & Army Values  
Field Training Exercise (7 Days)  
Crossed Rifles Ceremony  
Turning Blue Ceremony  
Graduation  
(Crossed Rifles, Blue Cord and Blue Discs  
are symbols of the Infantry)



### PT Plan for Leave

#### **Monday**

1. Preparation Drill
2. Military Movement Drill 1
3. 3-5 Mile Timed Run
4. Recovery Drill

#### **Tuesday**

1. Preparation Drill
2. Grass Drill
3. Conditioning Drill 1&2
4. Climbing Drill 1
5. Pushup & Situp Drill (4x1 minute)
6. Recovery Drill

#### **Wednesday**

1. Preparation Drill
2. Military Movement Drill 1
3. 10x60:120, 300 yd Shuttle Run
4. Recovery Drill

#### **Thursday**

1. Preparation Drill
2. Grass Drill
3. Conditioning Drill 1&2
4. Climbing Drill 1
5. Pushup & Situp Drill (4x1 minute)
6. Recovery Drill

#### **Friday**

1. Preparation Drill
2. Military Movement Drill 1
3. Hill Repeats or Terrain Run  
or 10K Foot March with Rucksack
4. Recovery Drill

### **Arrival at your new unit of assignment:**

...have a fresh haircut  
...be early!! & have a cell phone  
...bring your records  
...bring (don't ship) all issued uniforms.  
...bring what you want at your first duty station:  
...TV, civilian clothes, computer, etc.

### **And Don't...**

...bring furniture, contraband or weapons  
...spend all your money on a new car

### **For more information on duty stations:**

<http://mybaseguide.com/>



A "24/7" resource for Military Members,  
Spouses and Families  
<http://www.militaryonesource.com/>



Army Community Service assists individuals,  
families and communities by developing  
services which promote self-reliance, resiliency  
and stability. Every major Army installation has  
an ACS office, phone number, and website.



TRICARE is the health care program serving  
Uniformed Service members, retirees and their  
families worldwide.

Continued Health Care Benefit Program	1-800-444-5445
DEERS (Eligibility)	1-800-538-9552
Military Medical Support Office	1-888-647-6676
TRICARE Active Duty Dental Program	1-866-984-2337
TRICARE Dental Program	1-800-866-8499
TRICARE For Life/Dual Eligibles	1-866-773-0404
TRICARE Online (TOL)	1-800-600-9332
TRICARE Pharmacy Program	1-877-363-1303
TRICARE Retiree Dental Program	1-888-838-8737
US Family Health Plan	1-800-748-7347

**FRONT**

**Doe, Jane**  
**3746 Jody Ln.**  
**Bagdad, KY 40229**

**PFC Dirt, Joe RN:XXX**  
**E Co 1<sup>st</sup> BN, 19<sup>th</sup> Infantry**  
**198<sup>th</sup> Infantry BDE**  
**9075 Holcomb Dr.**  
**Ft. Benning, GA 31905-4925**



Roster Number  
And Borders  
will  
be in PLATOON  
COLORS

**BACK**

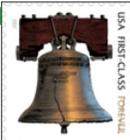
**401**

**INCOMING  
LETTERS**

**ROSTER NUMBER & OUTLINE DONE WITH MARKER OR HIGHLIGHTER.**

**PFC Dirt, Joe RN:XXX**  
**E Co 1<sup>st</sup> BN, 19<sup>th</sup> Infantry**  
**198<sup>th</sup> Infantry BDE**  
**9075 Holcomb Dr.**  
**Ft. Benning, GA 31905-4925**

**Doe, Jane**  
**3746 Jody Ln.**  
**Bagdad, KY 40229**



**OUTGOING  
LETTERS**

**Example of a letter if the Trainee  
is in 4th PLATOON  
with Roster Number 401**